

# ONE BITE

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*Vegan Magazine*

Sept / Oct 2019

TAKING CONTROL  
OF YOUR HEALTH

*with a Plant Based Diet*

*Healthy lunch box*

AND SNACK  
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING \* RECIPES

SEASONAL  
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!

VEGAN HALLOWEEN  
RECIPES



# PROBIOTIC PUMPKIN PEAR SMOOTHIE

*(Dairy-Free, Vegan)*

By Jenn Sebestyen

Probiotic Pumpkin Pear Smoothie - This dairy free smoothie is the perfect balance of sweet, fruity, earthy, and spicy. It's like autumn in a glass.

PREP TIME:  
5 mins

TOTAL TIME:  
5 mins

## INSTRUCTIONS

1. Place all ingredients into a high-speed blender and purée until smooth.

## INGREDIENTS

- 1 pear (cored and rough chopped)
- 1 ripe banana (peeled)
- ½ cup pure pumpkin purée
- 1 2.5oz Good Belly Probiotic Shot in Original Flavor
- ½ inch piece of ginger (peeled)
- ¼ tsp ground cinnamon
- 2 tbsp gluten free old fashioned oats
- ½ cup non-dairy milk (I used cashew milk. Almond or soy milk would work as well.)



Jenn Sebestyen

Jenn is the creator of [veggieinspired.com](http://veggieinspired.com). After reading Alicia Silverstone's 'The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet' she was inspired to go vegan and learn more about plant-based diet. She aims to show others that a plant-based diet can be satisfying and simple, possibly inspiring others to do the same.

Website: [www.veggieinspired.com](http://www.veggieinspired.com)

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